

Achieve Your Goals

Volume 2, Issue 8

August 2015



New Trainer!

We have a new team member, who some of you may have already seen or met at reception and in class.

Those who haven't, come say hi to Danielle next time you're in!

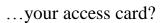
She has a few cool tricks up her sleeve, which I'm sure she will share with you all at some point!

Don't hesitate to ask her anything, and if she's not sure she'll find out for you ©

Classes

We will be introducing some Saturday classes sometime in September. Once we have ideas of times etc you guys will be the first to know − so keep your eyes and ears peeled ☺

Have you got...



...a parking pass?

...your towel?

...a program?

PARKING PASS

Must be displayed and used only when utilising the Fastlane facilities

www.fastlane.kiwi

If you answered no to any of the above, please see reception so we can help you out ©

Milestones

Congratulations to the following members for reaching their milestones last month!!

50th Workout

Mark Purser Clyde Bennett Mark Reynolds Logan Bennet Ron Bridges Dean Miller Mark Buckley Joshua Rorason Wade Charman Shaun Tuffrey Rosie Culhane Jessica Brittain Steve Donelley Paul Fagan Harry Dunn Brooke Ashton Madeleine Gage Justis Scrivener Jeana Andrews Kylie Harcourt Pete Harris Phillip Lee Saskia Holden Paul Donoghue Harrison Jull Mandy Harris Aaron Maisey Megen Willems-Blacktop Jeremy Maseyk Dot Larsen Chris McKinnon Pavitar Pandher

Tee-Jay Ryan Samrat Sood Stuart Brown Katie Stonnex Leslie Turfrey Tracey Wallace Richard Warrick Peter Wilson Susan Woodhouse Leisha Currie Shelley Moore Christine Taane

AuthmanAl-Saudi

Yasmin Alian

Tanujt Dutt

100th Workout

Anthony Broatch	Jenna Jenkins
Dianne Brophy	Simon Levings
Derek Christiensen	Julie Netzler
Darryl Conn	Raumae Ngatuakana
Te Iwa Fisher	Shelley Edmonds
Robert Gera	Mike He
Stephen Hamer	Bryan Dockery
Glen Horsman	Filippe Oliveira
Sarfraz Hapuki	

200th Workout

Ella Maseyk

July's Biggest User

Well done to last month's top 16 users!

Andrew Maseyk	39	Darrel Hendersen	24
Ella Maseyk	37	Nicole Thompson	24
Michelle Weeks	31	Harrison Jull	23
Darryl Conn	30	Jess Lusby	23
Paul Donoghue	29	Pavitar Pandher	23
Sifa Mafi	25	Emerson DeSouza	23
Oho Moke	25	Mark Sullivan	22



Moroccan-style Lamb and Chickpea Soup

Serves: 6 Time to make: 10hrs 20min

1 tbsp canola or olive oil

400g lean lamb steaks, diced

1 large onion, diced

1 large carrot, diced

1 tsp ground cumin

1 tsp ground coriander

½ tsp ground turmeric

½ tsp chilli powder

1 cinnamon stick

2 x 400g can diced tomatoes

3 cups chicken stock

2 x 400g can chickpeas, drained and rinsed

1 tsp paprika

1 lemon, zest and juice

3-4 tbsp chopped fresh coriander

Salt and pepper, to taste

Heat oil in a large frying pan. Add lamb and cook over a high heat for 4-5 minutes, turning pieces occasionally, until lightly browned on all sides. Transfer lamb to a non-stick, sprayed slow cooker and set to low. Once lamb has been transferred to slow cooker, add onion and carrot to frying-pan and cook, stirring occasionally, for 3-5 minutes until onion has softened and is beginning to brown. Stir in cumin, coriander, turmeric, chilli and cinnamon stick. Cook, stirring continuously, for another minute. Tip vegetables into slow cooker then add tomatoes and their juice, stock and chickpeas. Stir in paprika, lemon zest and juice. Cover slow cooker and cook on low for 8-10 hours. Add most of the coriander to soup (reserve a little for garnishing), and season with salt and pepper. Cook for 15-30 more minutes. Before serving, remove and discard cinnamon stick. Warmed flatbreads or a crusty loaf are ideal accompaniments. For an attractive (and tasty) finishing touch, add about 1 teaspoon reduced-fat sour cream and a little chopped coriander or parsley.

Nutritional Value per Serve		
Calories	263 cal	
Protein	23g	
Fat	10g	
- Saturated	3g	
Carbohydrates	25g	
- Sugars	8g	

Staying hydrated

Staying hydrated can be hard, let alone during the cold winter months. Although you may not be sweating like you would in summer, water vapour is still being lost through breathing.

Dehydration can cause exhaustion, muscle fatigue, cramps, loss of coordination and an extreme result, a stroke. When dehydrated, you can be more susceptible to colds and flu!

Not drinking enough water throughout the day can make it difficult to lose weight and keep it off. Without water, it makes it difficult for your body to break down fat for energy and you have less control over your appetite.

If you struggle to stay hydrated, no matter what season you're in, try these tips –

- If you think you're hungry, try drinking some water first. Thirst can be mistaken for hunger.
- A rule of thumb is to drink half your body weight in ounces ie a 140 pound person should aim to drink 70 ounces of water per day.
- Balance out diuretics with water. For every coffee or alcoholic drink you consume, have an extra glass of water.
- Drink water before, during and after exercise!
- Cut back on sodium salty foods can make you excessively thirsty and lead to bloating.

NEW to Feed Zone...

Breakfast is now available at Feed Zone from 8am – 11am.

You can choose from:

Any style of eggs on toast,
Super oats with nuts, seeds and banana OR
Granola with berries and Greek/Coconut yoghurt.
Prices start from \$7.50